

Need for careful planning & supervising free play period.  
Use natural leaders - Make oneself in background.  
Good time for competition, etc.

### Advantages for Recess.

1. More games.
2. All Active.
3. Outdoor Air.
4. Like it better.
5. Pupil leadership.
6. Eliminates danger and roughness.
7. Ground space more evenly distributed.
8. Pupils plan to gether.
9. Eliminates "clicks".
10. Raises Standard.

### Relief Period - (2-5 mins.)

No commands - something without much thought.  
Vigorous exercise.

### Special Corrective Period.

Make an note of Poor Posture.

Check on foot diagnosis & prescribing.

Give correction for Postural.

Symptom of flat feet if inner malleoli are to gether.

Ex. for dysmenorrhea - coarctation, etc.



## Test.

Howland Tests - achievement tests. Math practise.  
Brace " - Motor ability. - Natural ability.  
Lowery " - Athletic events & skills for girls.  
Research Quarterly - (In office)

Qualities - validity  
Reliability  
Objectivity  
Economy.

Pogis - Physical  
Capacity Test.

## Tests - measures

Validity - measures. Not used for something else

Reliability - must yield same results if used  
more than once.

Objectivity - judgments of measurers. If two or  
more using same apparatus get same results.  
Economy - Time.

## Brace -

1. Simple act.
2. No equipment.

Form A - 1. ST with ft. 2-gutter - close eyes for 10 sec.

2.

3.

4. ST. Kick st. ft. to shld w/out falling over.

5.

6. gp. in air make  $\frac{1}{2}$  turn to right & land in  
same spot balanced.

Form B - 1. Walk in st. right line.

2. Hds on hips, kls off, hrs bend & back w/out losing  
balance.

Used as appraisal, diagnosis - General ability



Rogers - Muscular ability - grip, etc.  
Physical Capacity.

Achievement Tests - Some skilled tests, "Coverly".  
Accuracy in skills - Tests for swimming, etc.

Scoring system - 1-100

Sargent Test - Rep Tests.

"Copy Tests" - Howland.

"National P. Achievement Standards for Girls.

Amey R. Howland, P.H.D.

Nat Sci Assoc - 315 4<sup>th</sup> A. N. Y. C.

Tests Instruction Book & Scoring Tables.

Competition

Scoring Tournaments.

Lee - P.g. 279. - Testing Procedures.

"Facilities and Equipment" - Chp. V, 129.  
after Evans.

Know Tests & when & how to use them.

Physical Capacity - mental & posture, pulse

Motor Ability.

Achievement Tests.

Big Tests to Classify - wide assortment. Interest & progress & fair competition. When big class.

May group by Motor Ability or Physical Capacity Test.

Restricted group - sitting down act.

Limited " - marching, folk dance, target, etc.

Regular P.E. but not competition.

Full - P.E. & competition.



Group work in large class for gym, etc mainly  
by Motor Ability Tests. Can classify by  
Physical Capacity P. 287.

Classify for Competition - Strong vs strong. W & A  
Ability of team.

Individual &

Nelson - Classify - also Riley.



## Turns.

### Purpose -

Equip swimmer w means of changing direction w/out interfering rhythm of stroke. - Increase Distance.

1. Swimmer reaches end of pool in fully extended pos. Touches or grasps wall, pulls kns. toward chin, rotates or twists in 'tuck' pos. places 2 ft. firmly agin' wall - shoves off and straightens body.

### Basics for Elementary Turn.

2. For Practicing Swimmer a secure <sup>grasp</sup> w. 1 or in breast 2 hds. - a pull in & a full breath taken & shoving off make a good turn. not a speed turn.

3. In elem. back stroke - inverted breast & back crawl either 1 or 2 A's. are extended beyond H. as swimming near wall. The Extended Hd. seizes the edge w a hooked grasp. the Swimmer rolls toward grasping hd. - pulls kns up & seizes edge w other hd. When swimmer has 2 ft. firmly placed agin' wall & is facing wall squarely a breath is taken & a push-off made.

4. In both side strokes the top A reaches fwd. & grasps edge & turn made on side away from holding hd. On all Hd. over Hd. strokes - undergion, crawl - grasp taken w leading hd. The 'tuck' & turn to front pos. R made simultaneously & H lifted & Breath taken & grasp released.

5. Push-off in front pos. made with 2 A. extended in front of H. Turn in breast stroke differs from Hd. over Hd. stroke only in 1 thing & that is grasp taken with 2 hds. Touches 2 - get up. 004



Survey Notes from Sheffield, Ess, Davies.  
Beginner Swimmers.

Teaching Beginners.

Analyses of Breast Stroke.

Discuss Presentation of each.

Required to know progression of Beginning Crawl.  
Jan (End)

Breast Stroke. - Analysis. (Advanced)

Don't teach advanced B.S. to beginners.

Starting Pos - Fully extended

Arms & L's straight - trapezoid B. relaxed.  
Each cycle or complete B.S. should  
begin & end in this pos.

A's - From fully extended pos. turn  
thumbs down & pull straight A's  
slightly down & back. 2 a pos. just in  
front of shoulders. Without pausing drop  
elbows smoothly to sides. (4 arms & hds  
2-getter underneath B. & pull straight  
out over H 2 start. pos.)

Common Errors -

1. Pausing at side -
2. Pulling A's 2 far bk. (One balance)
3. Not turn thumbs down - tends to make  
stroke 2 short.
4. Fingers apart.
5. On recovery - scoop in. analyzed.
6. Rhythm.
7. Not bringing hds 2-getter.
8. Using A's 4 propulsion. analyzed.

65

Rep - As A's pull kns. don't bring  
hds. up w hds 2-getter (so hds brought up 2  
back) Don't draw kns. 2 much end



body - causes resistance. At finish of draw  
the are turned outward. 2 allow inside  
of ft. & lower leg 2 engage water.  
From this pos the L dive starts.

The motion is pushed (Arms & Stems.  
(pressure w inside & lower legs) w.  
Both L's at same time & spreading  
apart. As soon as L's R straight  
they're brought 2 - gether w a snap.  
No pause.

#### Common Faults -

1. 3 separate snouts.
2. Turning 1 km. in.
3. Drawing knee up 2 far.
4. Not bringing L's & ft. 2 - gether.

Breathing - 2 much head movt - Arms  
B.S. Breath taken in as A's pull -  
beginning. Exhaling occurs as A's  
recover. Head never goes deeper than  
eye brows.

Too much tension.

#### Coordination -

- A - 1 glide - 2 pull - 3-4 recover.  
L 1-2 still, 3-4 push. (recover & dive)

Murphy

Frymier.

Meyer & Meissner.

Baseball & Basketball.



If live wire down measure off  
district til properly trained man  
come & guard it off.

De-Contamination Squads, Faces  
contaminating. Mustard & Leucyte.  
If mustard gas ruptures water main  
could properly use <sup>water</sup> quite safely  
if filtered. Men carrying out work  
must know protection again gas.  
Garments heavy, excluding gas & air.  
Must be strong, fit. 6 patches per 100,000 pp.  
5 men in a party. Have 3 spades & 4  
buckets, hand brushes (long handles)  
poles, sprayers, de-contaminating  
chemicals, ropes, pickets. 14 suits  
of clothes. 2 suits per pers & 2  
spares. Foreman evacuate anyone  
in district. "Alskin" & rubber. Sheepskin  
rubber out but de-cont. - boiled but loses  
value after 2 or 3 usages. Jacket, trousers,  
gloves, hood, rubber boots, Lycoshield &  
curtain. Air, water, chemicals, agents of  
de-contam. Chemical mostly used - Chlorine  
lime. Not placed on mustard gas in  
raw state - dangerous may cause  
fires, more fumes, etc. Mixed w  
soil to overcome this. 2 parts 21.  
C line 2 lbs - 1 gal. of  $H_2O$  into  
buildings, cracks, etc. - scrubbed in  
w/ brush & washed w/ hose. Use  
to wipe off machinery. Bleach solution  
for hardwood furniture (mixture of  
Chlorine & white caloline)



1. Copious use of H<sub>2</sub>O.
  2. wide use of chlorine of lime  
for 15 mins or 15 days.
- No operative Proposition.  
All Services help one another.



exercise, which will stimulate the circulatory system. This should be taken out of doors, weather permitting.

#### 14. Elimination -

1. The bowels must move daily.
2. The movement should be regular & ample opportunity given for such action at the approximate times indicated by the experience of the individual.
3. Except on medical advice, laxative excessive use of roughage and the exclusive use of whole-wheat or whole grains should be discouraged.

#### Care of the Teeth -

Instruction in the proper method of cleaning is necessary.

Mouth should be kept clean to prevent mouth diseases and infection. The first teeth must be kept regular and free from decay.

#### Personal Cleanliness -

Individuals educated to have the right attitude toward & establish good habits in:

1. A bath per day.
2. Hands washed after leaving toilet & before handling food.
3. Hands and objects kept away from nose and mouth, eyes & ears.
4. Washing hands with soap & water before eating.
5. Avoid close contact with others when there may be a spray from nose, or mouth, due to coughing, sneezing, talking or laughing.
6. Using only individual drinking cups & eating utensils.





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